Efecto del entrenamiento combinado de pliometría y electroestimulación en salto vertical [

Ramón Cantó Alcaraz,
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text (article)

Analítica

This paper analyses the effects of combined electrostimulation and plyometric training on lower body strength training. The training program was applied to three experimental groups and one control group. The experimental groups used both methods simultaneously but in different order. The participants were 78 sprinters (100m and 200m, and 100m and 110m hurdles), 38 male and 40 female. Their average age was 17,94 " 1,4 years and their average weight was 58,53 " 8,05kg. The training program consisted in two days a week of plyometric training and two sessions with a Megasonic 313-P4 electrostimulation unit. After two months training, vertical jump height and lower body power were measured in Abalakov and Drop Jump test with PSION ORGANISER II. The most significant pre- and post-test ($p < 0.001$) improvements in height and jump power were obtained in the program combining electrostimulation with subsequent plyometric exercises. Simultaneous electrostimulation and plyometric exercises caused performance stagnancy
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